



STUDENT: _____

VOCABULARY AND GRAMMAR (40 points)

SKILL	EVALUATION CRITERIA	MARK
Vocabulary & Grammar	5.1	
Reading	1.2	
Listening	1.1	

1 Circle the word that doesn't belong. (3 points)

- cold • flu • tablet • headache
- salty • frozen • sour • spicy
- fat • carbohydrates • protein • calories
- boiled • tasty • baked • fried
- toe • wrist • finger • thumb
- knee • ankle • toe • elbow

2 Decide if the sentences are T (true) or F (false). Pay attention to the words in bold. (3 points)

- 1. Your **elbow** connects the top and bottom parts of your arm.
- 2. You don't need a **heart** to live.
- 3. **Protein** is found in all foods.
- 4. You've got **fingers** on your feet.
- 5. It's not healthy to eat **fresh** vegetables.
- 6. There are no **calories** in water.

3 Choose the correct answer. (4 points)

1. When I was young, Dad often carried me on his **shoulders** / chin / wrist.
2. Some athletes eat a lot of **calories** / minerals / carbohydrates.
3. The baby's got milk on her **chin** / heart / bone.
4. These biscuits aren't **frozen** / fried / fresh. They were baked a week ago.
5. You should cook the eggs. It isn't healthy to eat **spicy** / raw / tasty eggs.
6. Lemons are very **sour** / salty / boiled.
7. Your face is red. Is the food too **spicy** / sweet / healthy for you?
8. I eat **wholegrain** / bitter / baked bread because it's healthy.

4 Complete the sentences with the words and phrases below. (4 points)

cough • temperature • get better • get worse • pain • ankle • healthy • upset stomach

1. A person's normal body is 37°C.
2. I'm sorry you aren't well. I hope you soon.
3. Bronchitis affects your lungs and makes you
4. Your ear infection will if you don't take antibiotics.
5. Peter felt terrible when he broke his leg.
6. I ate too much – now I've got an
7. I can't stand on my right foot because I hurt my
8. Food with a lot of fat isn't

5 Complete the sentences with the verbs in brackets. Use the First Conditional. (5 points)

1. If you (avoid) sugar in the evening, you'll sleep better.
2. Unless you request wholegrain bread for your sandwich, they (make) it with white bread.
3. he (see) the doctor if his flu symptoms get worse?
4. Joe (not join) us for dinner unless we go to a vegetarian restaurant.
5. Amy will develop health problems if she (continue) to live on fast food.

6 Complete the sentences with the verbs in brackets. Use the Second Conditional. (6 points)

1. If Charlie ate a bigger variety of foods, he (enjoy) travelling more.
2. I'd bring my lunch if the cafeteria (not have) good food.
3. Sophie would be here if she (not be) feeling ill.
4. I (not drink) that milk if I were you. It smells bad.
5. If you (wake) up earlier, you would have time for breakfast.
6. I would go to yoga class with you if it (be) right after school.

7 Choose the correct answers to complete the text. (6 points)

Salt is an essential nutrient. But too much salt can eventually lead to health problems such as heart disease. If the only salt we consumed was the salt we cooked with or put on food, it ¹ **wouldn't be / won't be** a problem. In fact, we would get about 75% less salt if we only ² **eat / ate** home-cooked food. Most of our salt comes from restaurant meals and from packaged bread, tinned soup, crisps and other processed foods. If you take the time to read the nutrition labels on these foods, you ³ **will see / would see** the amount of sodium they contain. Sodium is a form of salt. If food producers ⁴ **didn't use / don't use** it, their products wouldn't last as long as they do. Sodium also kills bacteria and adds flavour. However, there are other ways to do this. So now, under pressure from governments and medical experts, many food producers are using less sodium in their products or offering low-sodium versions. If you ⁵ **will look / look** for them, you will even find salt-free pretzels and crisps in many supermarkets. How do they taste? You ⁶ **don't know / won't know** unless you try them!

8 Choose the correct answer to complete the sentences in the Third Conditional. (4 points)

1. If Elizabeth **wouldn't have had / hadn't had** a sore throat, she would have sung tonight.
2. Debbie **wouldn't have entered / wouldn't enter** the baking contest if you hadn't mentioned it.
3. If Nicholas hadn't scored the winning goal at the very end, our team **would have lost / would lose** the match.
4. They would have helped their elderly neighbour if they **would have known / had known** she had flu.
5. The ambulance would have arrived sooner if there **weren't / hadn't been** a traffic jam.
6. If Heather's bones had been weaker, she **would break / would have broken** her arm when she fell.
7. We would have enjoyed the chicken more if the chef **would have made / had made** it less spicy.
8. You **wouldn't cut / wouldn't have cut** your finger if you had used a better knife to cut the tomato.

9 Complete the sentences with the verbs in brackets. Use the Third Conditional. (5 points)

1. If I had taken a tablet, I (not have) a headache all day.
2. I (eat) the curry if there hadn't been meat in it.
3. If he hadn't rested, he (get worse).
4. Would you have visited me if you (know) I was in hospital?
5. We (not serve) hamburgers if somebody had told us you were vegetarian.



WRITTEN COMPREHENSION (20 points)

understand main points • understand relevant details

- 1** Read the **promotional material** about a health club. Then tick (✓) the sentences T (true) or F (false). (10 points)

Sea and Sun Health Club NEW IN SYDNEY!



Wouldn't it be great to exercise, eat healthy food and have a complete rest all in one place? Now you can! Sea and Sun is much more than just a gym. We also offer body and beauty treatments, as well as swimming pools and game rooms for all ages. If you like sports, you will love our sports centre. You can take part in fitness classes in our modern gym as well as competitions in team sports like basketball, volleyball and football.

If all that action makes you hungry, you'll find lots of tasty choices in our food court. There are several restaurants and healthy snack bars there. Everything on the menu is fresh – from sweet and sour Asian dishes to spicy snacks and baked desserts. If you want to eat more protein, less carbohydrates, or low-cholesterol and low-calorie foods, our nutritionist will be happy to help you.

Finally, when you're ready to take a break, you can relax in the spa. There, you'll enjoy our sauna, baths and wonderful massages. Our massage therapists are trained to deal with many types of problems.

Call or send us an e-mail now! Special prices for online registration.

HERE'S WHAT OUR CUSTOMERS HAVE TO SAY:

If you asked me to describe Sea and Sun in one word, I would say fun! I don't want to miss a single day! They also offer special prices for family and friends.

Evelyn – Sydney, Australia

After a car accident, I had serious problems with my neck, back, knees and shoulders, but that changed when I discovered Sea and Sun. Their massages helped me get better quickly. I would have avoided a lot of pain if I had known about it earlier. But as they say, better late than never.

Luke – Sydney, Australia

1. Sea and Sun is a health club for older people.
2. All the meals and snacks in the food court are healthy.
3. The food court is a great place to relax after exercising.
4. Friends and family can join Sea and Sun for free.
5. Luke regrets not going to Sea and Sun sooner.

T	F
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- 2** Match A to B to form sentences. (10 points)

A

1. At Sea and Sun, you can
2. A nutritionist will
3. The massage therapists
4. Registering online is a good idea because it
5. If you need more information, you can

B

- a. call or send them an e-mail.
- b. is cheaper.
- c. be happy to help you plan your diet.
- d. do much more than just exercise.
- e. are trained to work with all types of problems.



ORAL COMPREHENSION (10 points)

understand main points • understand relevant details

1 Listen to the conversation and tick (✓) all the health problems and body parts mentioned in the conversation. (7 points)

- 1. headache
- 2. Broken bone
- 3. Sore throat
- 4. Ankle pain
- 5. Chin injury
- 6. Upset stomach
- 7. Back ache
- 8. Flu
- 9. Finger pain
- 10. Cough

2 Listen again and tick (✓) the sentences T (true) or F (false). (3 points)

- | | T | F |
|---|-------|-------|
| 1. Sam has a very high temperature (39°C). | | |
| 2. If Sam had come to the doctor yesterday, he wouldn't have started the treatment. | | |
| 3. Sam has been eating a lot of fresh fruit and vitamins lately. | | |